

# DINNERLY



## Glazed Chinese Barbecue Beef Stir-Fry with Pak Choy and Steamed Rice



25 minutes



2 Servings

This family-friendly stir-fry couldn't be easier! The flavour hero here is a deliciously sweet soy glaze. Cook until it's nice and sticky, then stir in the beef and serve with rice and pak choy.



## WHAT WE SEND

- 150g jasmine rice
- 1 bunch pak choy
- 2 tbs kecap manis <sup>1,6,17</sup>
- beef stir-fry
- 5g Chinese barbecue seasoning <sup>1,6,17</sup>
- 5g toasted sesame seeds <sup>11</sup>

## WHAT YOU NEED

- 1 tbs soy sauce <sup>6</sup>
- 2 tsp white vinegar
- 2 tsp honey
- 2 tsp vegetable oil

## TOOLS

- small saucepan with lid
- large frypan

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 580kcal, Fat 10.3g, Carbs 92.2g, Proteins 48.7g



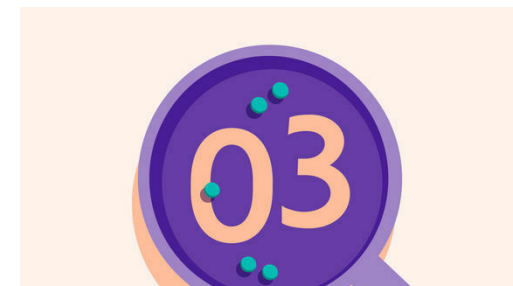
### 1. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins.



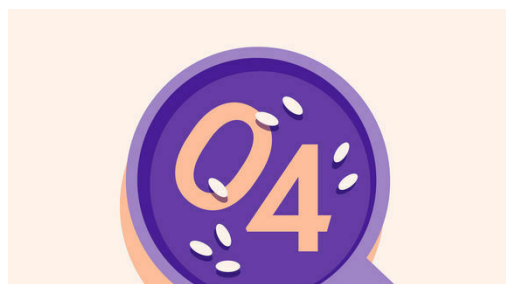
### 2. Make glaze

Quarter the **pak choy** lengthwise. Put the **kecap manis**, **1 tbs soy sauce**, **2 tsp white vinegar** and **2 tsp honey** in a bowl. Season with **pepper** and stir to combine.



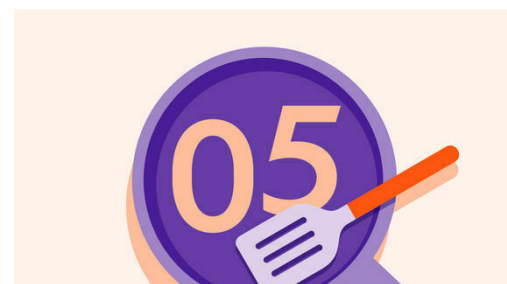
### 3. Stir-fry beef

Separate the **beef stir-fry** into a bowl. Add the **Chinese barbecue seasoning** and **2 tsp vegetable oil**, season with **salt and pepper** and toss to coat. Heat a large frypan over high heat until very hot. Stir-fry the beef for 2 mins or until browned. Remove from the pan.



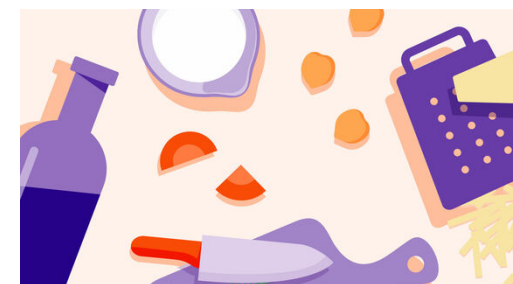
### 4. Stir-fry pak choy

Return the pan to medium-high heat. Add the **pak choy** and **1 tbs water** (see Kitchen 101) and stir-fry for 2 mins or until tender but still with crunch. Remove from the pan. Add the **glaze mixture** to the pan and cook for 30 secs or until sticky. Remove the pan from the heat. Add the **beef** and toss to coat.



### 5. Serve up

Divide the **rice**, **beef** and **pak choy** among bowls. Drizzle over the pan juices, scatter with the **sesame seeds** and enjoy!



### 6. Kitchen 101

Adding a little water to a hot pan while stir-frying creates steam and will ensure your veggies cook without burning, or without the need for more oil.